



# Solid as a rock

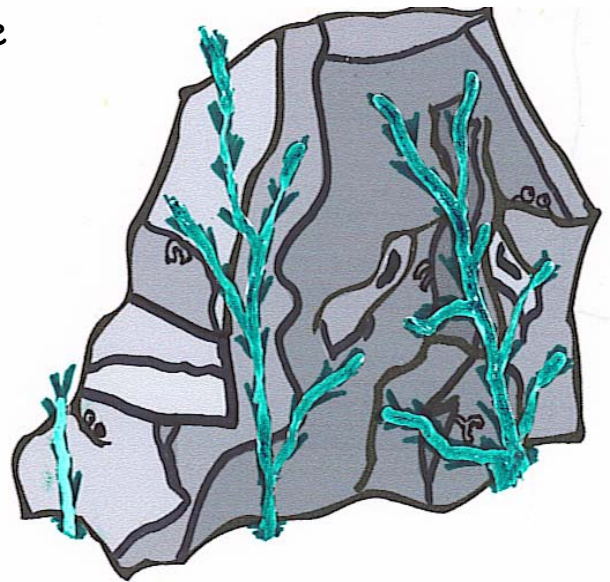


"It's too cold and windy to go swimming today", said Vicki. "Let's go to the rock pool." The children headed to the beach with buckets and a net. They had seen tiny fish yesterday and planned to try and catch some. The rock pool looked different today. The day before they had visited at low tide. The water was calm and sparkled in the sunlight. The fish and animals had been easy to see.

Today the cloudy sky made the water dark. The wind blew waves crashing into the pool. The water swirled and then drained through the cracks in the rock. Sean lay down and waited. During a lull in the waves some crabs crept out into the open and some fish swam from behind a rock. But before he could scoop them with his net a huge wave swept into the pool and the fish and crabs disappeared in an instant. Hiding in the cracks in the rock, they were safe from Sean's net, the crashing waves and even the bigger fish who would enjoy them for lunch. The rock kept them safe from every danger.

**Listen to God!**

**Psalm 18:1-3**



Find the crabs that are hiding in cracks in the rock. There are five.

**God is like a rock for us.  
He keeps us safe.  
Next time you feel  
scared, remember  
God is with you  
and will protect  
you.**

**Talk to God!**

"Dear God, Thank you for keeping us safe and helping us feel secure even when scary things happen. Thank you that you are like a big solid rock that I can hide behind. I'll remember to tell you next time I'm scared.

